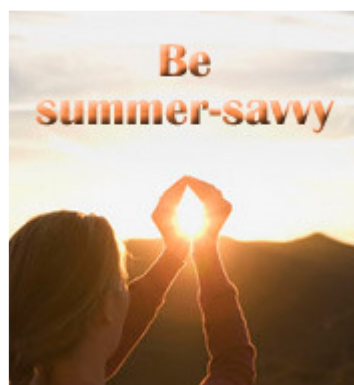




**Family Health > Five Minutes or Less for Health > Weekly Health & Safety Tips**

## **Five Minutes or Less for Health Weekly Tip: Be Summer-Savvy**



Summer brings a lot of fun and a lot of health and safety challenges. National Men's Health Week is also every summer in June, ending on Father's Day. Take a few minutes this summer to be safe and healthy.

- Put on a life jacket and avoid alcohol while boating.
- Put on sunscreen and a wide-brimmed hat to protect your skin from the sun.
- Drink cool, non-alcoholic fluids.
- Leave fireworks to the professionals.
- Make sure you and your passengers are buckled in safely every time you drive or ride in a motor vehicle.
- Put on insect repellent.
- Wash your hands often for 20 seconds.

### **Learn More**

#### **Men's Summer Health and Safety Tips**

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